

Shamaineau Adventures Gear List

Outerwear

Waterproof/Breathable
Jacket
Sweatshirt/Fleece Jacket
Pants
Long Shorts
T-shirts
Stocking Hat
Light Gloves

Footwear

Hiking boots or Closed toed
Shoes
*Sandals

*Climbing Shoes

Gear

Backpack (book bag size)
Sleeping bag
Sleeping pad
Pillow
Toothbrush
Tooth paste
Flashlight/ Headlamp
2-32oz water bottles
Sunscreen (SPF15+)
Lip balm (SPF15+)
Bug spray

*Climbing Harness

*Chalk bag

Bible

Note Pad

Pen or Pencil

*Camera

Extras

Ball cap

Sunglasses

Swimsuit (1piece)

Small amount of spending
money

This is a suggested list of things you would want specific to rock climbing. Please take into account travel clothes and anything else you might need for the trip. If you have any questions please do not hesitate to call.

*these items are optional. We will provide harnesses and climbing shoes for your use. If you bring your own harness, it must be inspected by an Adventure Staff employee.